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# The patient-physician relationship across therapeutic observance and their expectations of treatment : preliminary results of a qualitative approach.

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## Introduction

- Osteoporosis is a chronic bone disease that is asymptomatic until the first fracture. The asymptomatic nature of osteoporosis leads patients to have more questions about the need for treatment and to have higher expectations.
- Patients expect treatment to improve their health and well-being, but to continue to meet their current needs and not interfere with their personal goals.
- Rheumatologists, on the other hand, assess these expectations of treatment in terms of prevention, limitation of disease and clinical outcomes.

**Objectif : To examine the expectations of patients and their rheumatologists of anti-osteoporosis treatment, and their influence on the doctor-patient relationship.**

## Method

8 semi-structured interviews

- Development of an interview guide
- Thematic content analysis (Nvivo.10)

4 osteoporotic women

- Aged 50 years and over
- Under anti-osteoporotic treatment for at least 6 months.

4 rheumatologists

- Follow-up of 4 patients with postmenopausal osteoporosis.

## Results

### Osteoporotic patients

- Perceived benefits (2 references)
- Positive effects on bone structure (25 references)
- Life goals (4 references)

- Expectations of current treatment
- Expectations about the end of treatment
- General expectations

### Rheumatologists

- Perceived benefits (3 references)
- Need for information on the duration of treatment (8 references)
- Awareness of benefits/risks (5 references)

Figure 1 : Expectations of osteoporotic patients and their rheumatologists regarding treatment for osteoporosis.

## Patient-physician relationship

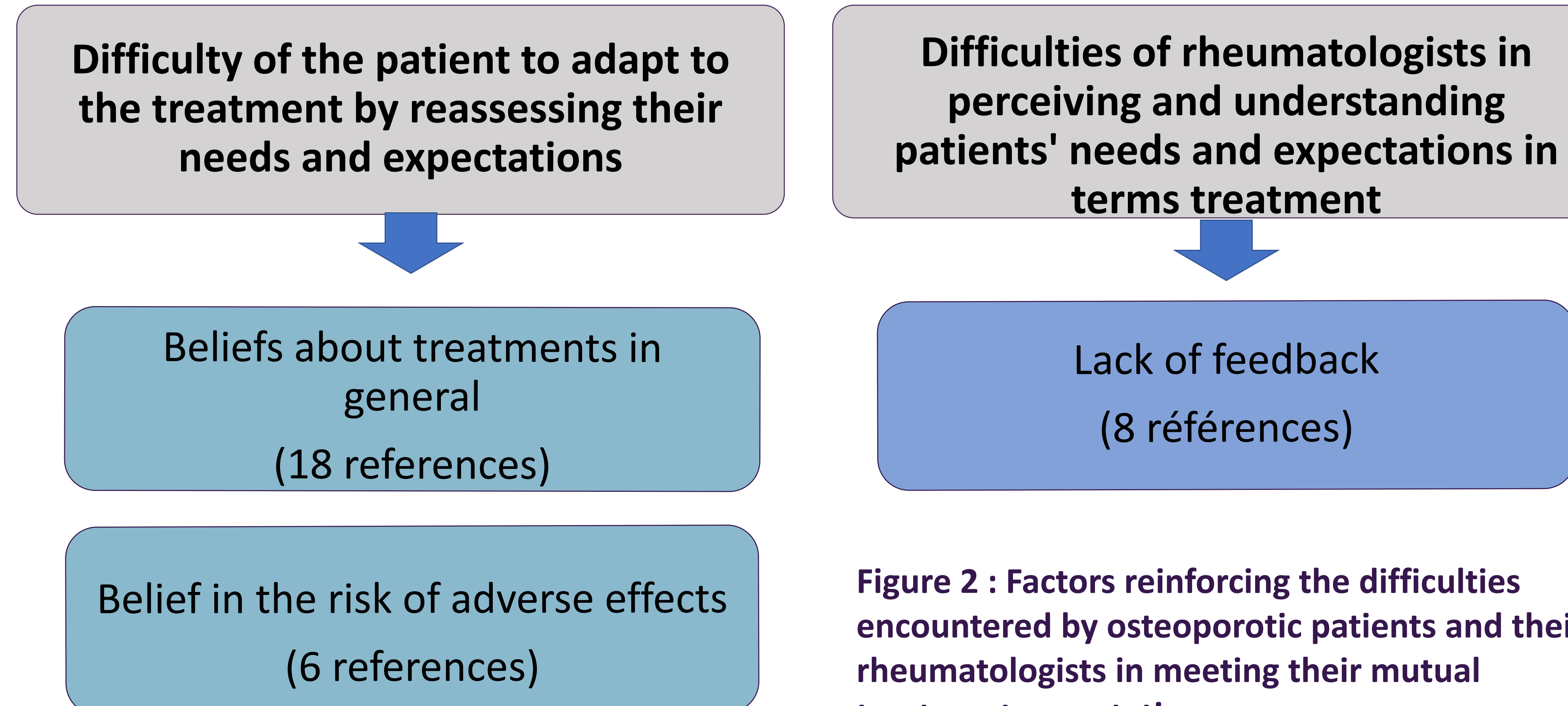


Figure 2 : Factors reinforcing the difficulties encountered by osteoporotic patients and their rheumatologists in meeting their mutual treatment expectations.

## Conclusion

- In general, osteoporotic patients have higher expectations of treatment than their rheumatologists.
- Patients express expectations that their health will improve so that they can continue their life goals. The rheumatologists' expectations are related to the benefits of the treatment and the efforts to be made by the patients.
- Factors such as their beliefs about side effects or treatments in general increase expectations and make it difficult for patients to adapt to treatment. For rheumatologists, the lack of feedback from patients makes it more difficult to identify and understand what their patients expect from the treatment.

## References

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